



Flourless Peanut Butter Brownies



1/9th of pan (1 brownie): 130 calories, 9g total fat (4g sat. fat), 207mg sodium, 17g carbs, 3g fiber, 1g sugars, 8g protein

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Prep: 10 minutes **Cook:** 30 minutes

Cool: 1 hour



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Ingredients

1 cup [powdered peanut butter](#)
1/2 cup unsweetened dark cocoa powder
1/2 cup Truvia spoonable no-calorie sweetener (or another calorie-free sweetener that's twice as sweet as sugar)
1/4 tsp. salt
1/2 cup whipped butter
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1 tbsp. creamy peanut butter

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a medium-large bowl, mix 3/4 cup powdered peanut butter with cocoa powder, sweetener, and salt.

In a medium microwave-safe bowl, microwave butter for 30 seconds, or until melted. Add egg and 1/4 cup water. Stir until uniform. Add mixture to the medium-large bowl, and mix until uniform. (Batter will be thick.)

Transfer to the baking pan, and smooth out the top.

In a small bowl, mix remaining 1/4 cup powdered peanut butter with 3 tbsp. water until smooth and uniform. Add creamy peanut butter, and stir until uniform.

Spoon peanut butter mixture onto brownie batter, and swirl with a knife.

Bake until a toothpick or knife inserted into the center comes out mostly clean, 25 - 30 minutes.

Let cool completely, about 1 hour.

MAKES 9 SERVINGS

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